

# EATING DISORDERS REFERRAL OPTIONS

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Living with an Eating Disorder can be very challenging for those affected and their loved ones.

## Treatment of Eating Disorders is complex.

As a Clinical Nutrition Physician, Dr Mei Yong often receives GP referrals for Eating Disorder patients to her private practices.

Unfortunately she does NOT see these patients in her private practice.

For best practice treatment of Eating Disorders, Dr Mei recommends **referral to a dedicated Eating Disorder Program.**

- ✓ These programs are run by a specialist multidisciplinary team led by Eating Disorder Psychiatrists, and consist of Psychologists, Dietitians and Nurses.
- ✓ Most programs are conducted in an outpatient setting, in conjunction with your GP.



## EATING DISORDER PROGRAMS IN VICTORIA

Some of the Eating Disorder Programs available in Victoria include:

Public programs	
<b>Monash Health:</b> <b>The Wellness and Recovery Centre (WRC)</b> <a href="https://bit.ly/monashWRC">https://bit.ly/monashWRC</a>	<b>Royal Melbourne Hospital:</b> <b>Eating Disorders Unit</b> Tel: (03) 9342 4033
<b>Austin Health:</b> <b>Eating Disorders Program</b> <a href="https://bit.ly/austinEDP">https://bit.ly/austinEDP</a>	<b>St Vincent's Hospital Melbourne:</b> <b>Body Image Eating Disorders Treatment and Recovery Service (BETRS)</b> <a href="https://bit.ly/stvincentsBETRS">https://bit.ly/stvincentsBETRS</a>
Private programs	
<b>The Melbourne Clinic:</b> <b>Eating Disorders Program</b> <a href="https://bit.ly/melbclinicEDP">https://bit.ly/melbclinicEDP</a>	<b>Bromham Clinic:</b> <b>Dr Vanessa Keleher's Eating Disorders Program</b> <a href="https://bit.ly/bromhamEDP">https://bit.ly/bromhamEDP</a>

For other referral options, please visit  
**Support & Services - National Eating Disorders Collaboration**  
<https://bit.ly/nedc1>

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## PATIENT RESOURCES/SUPPORT

For further information and links to useful resources/support, visit these support groups:

1. **Eating Disorders Victoria**

<https://www.eatingdisorders.org.au/>



2. **Butterfly Foundation**

<https://butterfly.org.au>

Butterfly's National Helpline 1800 33 46 73

